

## **Posterior Shell Instruction Sheet**

### **What is a posterior shell?**

This shell is a molded plastic form used to support your child after hip surgery. It is made to fit only your child. It is ordered by your child's doctor and made by an occupational therapist (OT).

### **What is it used for?**

The shell is used to help your child heal. It will limit how much your child's hips can bend after surgery. Your child should wear the shell all the time. It can be taken off for 30 minute periods for riding in a car or bus, bathing, toileting and for meals. Any special directions will be given by your therapist or doctor.

### **How is it put on?**

Be sure your child goes to the bathroom before starting.

- Have your child lay on their stomach.
- Have your child slide to the end of the bed so their hang off the edge.  
**or**
- Put pillows under your child's chest and legs. Their feet and toes need to be off the bed.
- Gently stretch your child's hips/legs/knees as you were told by the doctor or therapist.
- After stretching, put the shell in place.
- Position your child's legs to form a **^** shape. Your child's
  - Legs should be apart, with hips should in the middle.
  - Stomach should be flat against bed.
  - Feet should be pointed towards the floor and trunk in midline.
- Line up the top of the shell under your child's shoulder blades and over their bottom, hips and thighs.

Close the Velcro® strap under the thighs first, and then close straps under your child's stomach.

**Note:** Check your child's skin when they take a bath. Call the OT department if there are any red marks on skin that last more than 20 minutes after removing the shell.

**ALERT:** Call your child's therapist, doctor, or nurse if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**